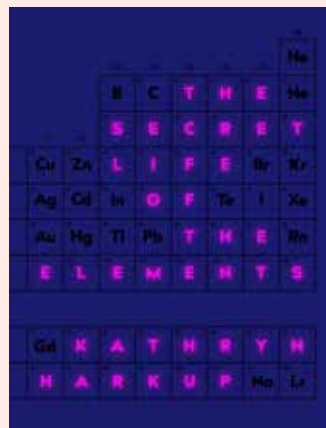
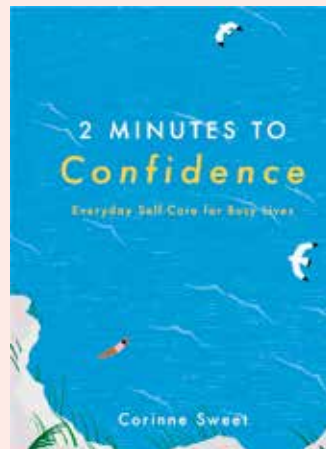
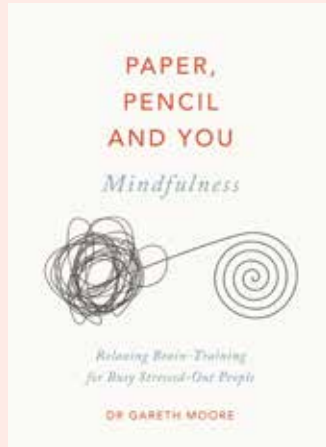
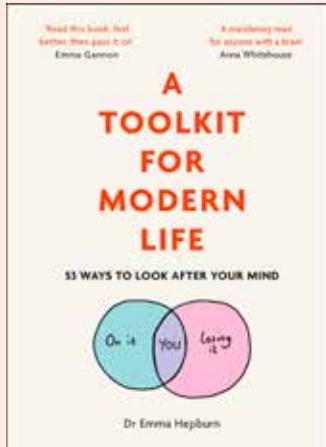




greenfinch

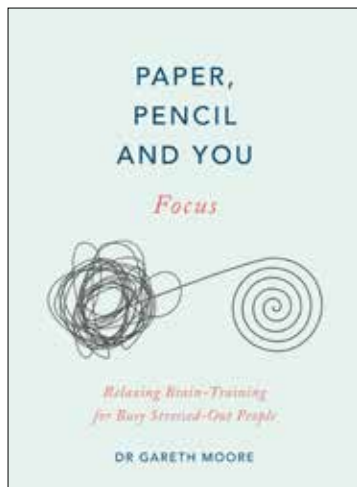


Greenfinch is a new imprint driven by bright ideas that answer a need. Our books provide a fresh perspective on trending topics in nature, wellness, science and travel – whether that’s how to protect biodiversity in your garden, rethinking mental wellbeing, understanding the evolution of life or dreaming of eco-conscious trips abroad.

Many of our books start out as in-house ideas, because we love developing projects and working with authors from the very beginning. We look out for expert voices who have something different to say, and a message they feel passionate about sharing with the world.

These are some of the books we’re excited to be publishing in 2020/2021...

Kerry Enzor, Publisher



Trivia and Quiz Question Books (WDKX)
Paperback £8.99 9781529409635
177 x 129mm 176 pages

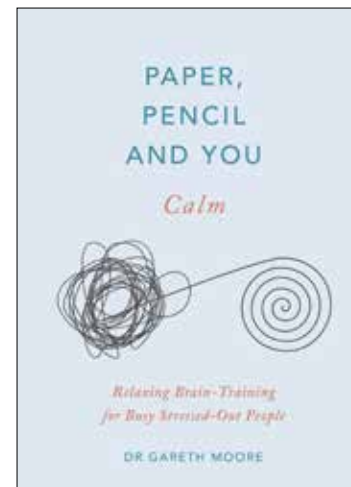
PAPER, PENCIL AND YOU: FOCUS

DR GARETH MOORE

Over 100 pencil-ready puzzles for a relaxed and focused mind.

From simple word searches and labyrinths to more challenging logic problems, the puzzles in *Paper, Pencil and You: Focus* are designed to foster focus in a distracted world. Each puzzle can be completed on the page itself, with a clever section for workings out. You'll develop your ability to think clearly when distractions abound, as well as improving your memory, visual processing skills and lateral thinking.

28 MAY 2020



Trivia and Quiz Question Books (WDKX)
Paperback £8.99 9781529409628
177 x 129mm 176 pages

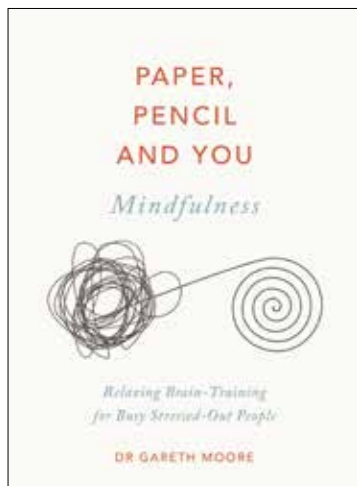
PAPER, PENCIL AND YOU: CALM

DR GARETH MOORE

Over 100 pencil-ready puzzles for a calmer mind.

Pick up a pencil and let the tension melt away with a range of puzzles designed to foster calm in a stressed-out world. Each chapter focuses on a specific aspect of calm, from stillness and breathing to positivity and attention. With clearly coded levels of difficulty and an easy guide to the completion times, each puzzle is designed to be completed on the page itself.

28 MAY 2020



Trivia and Quiz Question Books (WDKX)
Paperback £8.99 9781529409642
177 x 129mm 176 pages

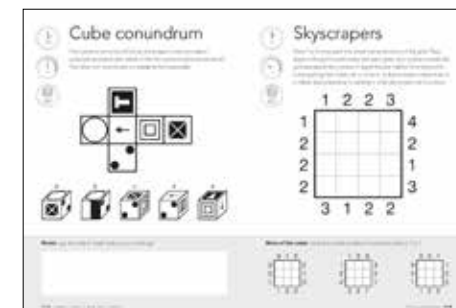
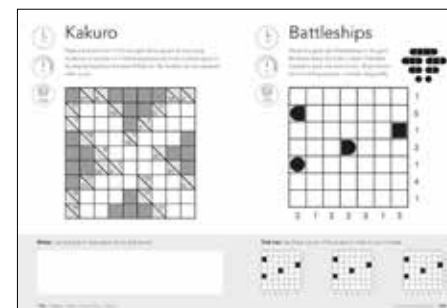
PAPER, PENCIL AND YOU: MINDFULNESS

DR GARETH MOORE

Over 100 pencil-ready puzzles for mindful relaxation.

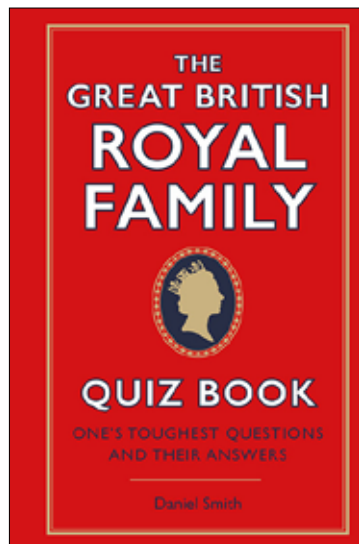
Relax. Let your shoulders drop, turn your phone to silent and take one (freshly sharpened) pencil. *Paper, Pencil and You: Mindfulness* contains over 100 puzzles designed to mindfully engage you in a busy world. From clarity and awareness to instinct and creativity, each chapter guides you through a different aspect of mindfulness. Including a variety of numerical, alphabetical and observational brainteasers, each puzzle is designed to be completed on the page itself.

28 MAY 2020



Dr Gareth Moore (B.Sc (Hons) M.Phil Ph.D) is the internationally bestselling author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-stress Puzzles*, *Ultimate Dot to Dot*, *Lateral Logic*, *The Mindfulness Puzzle Book* and *The Ordinance Survey Puzzle Book*. His books have sold over a million copies in the UK alone and have been published in 29 different languages.

Gareth is the creator of cutting-edge brain-training site BrainedUp.com.



WDKX Trivia & quiz question books
 Hardback £12.99 9781529410464
 198 x 129mm 192 pages
 Ebook 9781529410471
 Not for sale: USA & CAN

THE GREAT BRITISH ROYAL FAMILY QUIZ BOOK

DANIEL SMITH

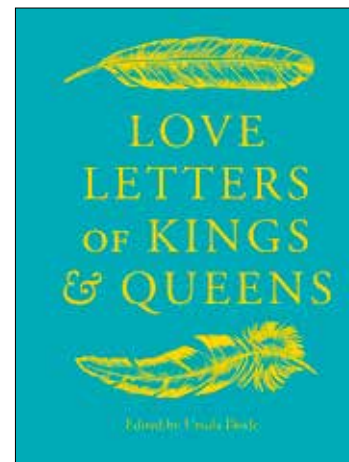
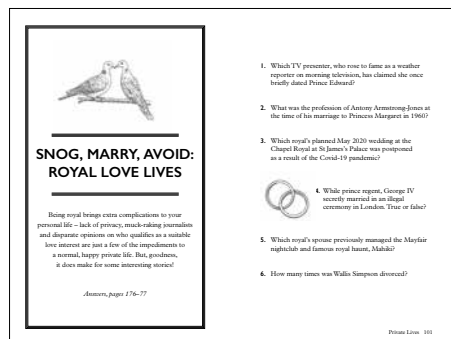
Do you know the full names of the Duke and Duchess of Cambridge's three children? Or Queen Elizabeth's rumoured favourite tippie? Which royal has his toothpaste squeezed for him every morning, and whose decision to take 'a leap of faith' has caused ripples around the world?

Put your loyalty and knowledge to the test with this charming miscellany that celebrates kings and queens from 1066 to the present day. A delightful tour of the British monarchy, from joyful weddings to tabloid-grabbing scandals, the boozy diet of James I's elephant to Queen Elizabeth II's favourite nail polish colour.

A treasure trove of quirky facts and fascinating trivia, readers will discover hours of fun with this selection of achievable quizzes. Answers are included at the back of the book.

Daniel Smith is the bestselling author of *100 Places You Will Never Visit*, which has been translated into eight languages. He has written more than fifteen books, on subjects as diverse as Sherlock Holmes, cockney rhyming slang and the WWII Dig for Victory campaign. Daniel is also a long-time contributor to *The Statesman's Yearbook*, an annual geopolitical guide to the countries of the world. He lives in London.

6 AUGUST 2020



BJ Diaries, letters and journals
 Hardback £16.99 9781529413526
 198 x 153mm 352 pages
 Ebook 9781529413533
 Not for sale: USA & CAN

LOVE LETTERS OF KINGS AND QUEENS

URSULA DOYLE

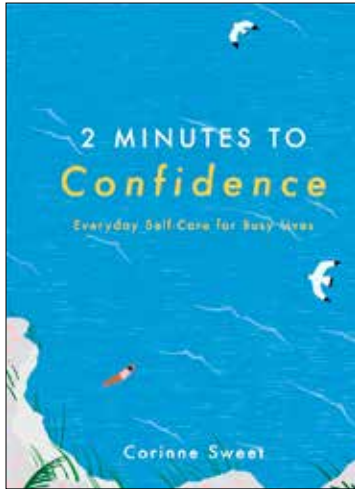
A beautiful gift volume of the private love letters of kings and queens through the ages – *Letters of Note* meets *Lady in Waiting*.

In turns tender, moving, heartfelt and warm, these are the private messages between people in love. Yet they are also correspondence between the rulers of nations, whose actions (and passions) changed the course of history, for good or bad.

Here is a chance to glimpse behind the pomp and ceremony, the carefully curated images of royal splendour and decorum, to see the passions, hopes, jealousies and loneliness of kings and queens throughout history. From Henry VIII's lovelorn notes to Anne Boleyn to Charles II's hot pursuit of Nell Gwynn to Queen Victoria's tender letters to Prince Albert – these letters depict romantic love from its budding passion to the comfort and understanding of a long union, set against the background of great affairs of state, wars and the strictures of royal duty.

Ursula Doyle is a writer, editor and the publisher of Fleet. She is the editor of the highly-successful anthologies *Love Letters of Great Men* and *Love Letters of Great Women* (Pan Macmillan).

4 FEBRUARY 2021



Mind, Body, Spirit: meditation and visualisation (VXM)
Hardback £12.99 9781529409437
177 x 129mm 160 pages
Ebook 9781529409444
Not For Sale: USA & CAN

2 MINUTES TO CONFIDENCE

CORINNE SWEET

Be inspired to take on the world with two-minute confidence-boosting exercises designed to fit around your life.

With all the pressures and responsibilities of modern life, it can be easy to get stuck in a confidence rut.

Banish feelings of anxiety, stress and imposter syndrome with these quick and easy exercises drawing on a range of proven mindfulness techniques.

Psychologist Corinne Sweet reveals how just two minutes a day can make all the difference, providing an instant mood boost and setting you up for success.

20 AUGUST 2020



Mind, Body, Spirit: meditation and visualisation (VXM)
Hardback £12.99 9781529409390
177 x 129mm 160 pages
Ebook 9781529409406
Not For Sale: USA & CAN

2 MINUTES TO SLEEP

CORINNE SWEET

Prime yourself for deep, restorative sleep with practical two-minute exercises designed to fit around your life.

Sleep is essential to our mental and physical health and general wellbeing, yet in this frantic, demanding world it can be hard to achieve the quality rest our bodies and minds need.

The exercises in this book draw on a range of proven mindfulness techniques to prepare you for a good night's sleep. All taking just two minutes to complete, they couldn't be easier to fit into your day.

20 AUGUST 2020



Mind, Body, Spirit: meditation and visualisation (VXM)
Hardback £12.99 9781529409413
177 x 129mm 160 pages
Ebook 9781529409420
Not For Sale: USA & CAN

2 MINUTES' PEACE

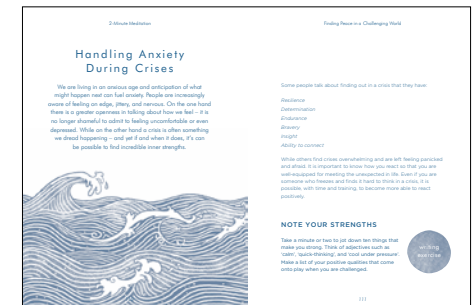
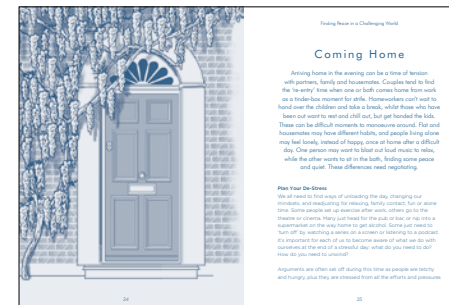
CORINNE SWEET

Welcome peace into your life, no matter how time poor you feel, with practical two minute exercises.

Discover a gateway to peace in just two minutes. With simple exercises designed to fit around your life, psychologist Corinne Sweet reveals how to find a moment of restorative calm every day.

From meditation to visualisations and affirmations, these workable tips and easy exercises will convince you that we can all find two minutes in a day – and doing so will make all the difference to your wellbeing.

20 AUGUST 2020



Corinne Sweet is an author, psychotherapist, psychologist and broadcaster. She has published 18 titles, including popular psychology bestsellers, such as *Change Your Life with CBT* (Pearson), *The Anxiety Journal* and *The Mindfulness Journal* (Pan MacMillan). Corinne trained on BBC Radio 4's *Woman's Hour*, was a magazine and newspaper *Agony Aunt* and a *Big Brother* psychologist. She appears regularly on TV and radio, collaborating frequently with BBC Breakfast and BBC Radio Scotland. Corinne writes blogs regularly at www.corinnesweet.com/blog. She is a working single mum and has been a meditator and mindfulness user for over 25 years.



Puzzles & quizzes WDK
Paperback £9.99 9781529412123
246 x 189mm 176 pages
Not For Sale: USA & CAN

THE GREAT BIG INDOORS FAMILY QUIZ BOOK

DR GARETH MOORE

Banish boredom with this bumper book of perfectly pitched puzzles for the whole family to enjoy.

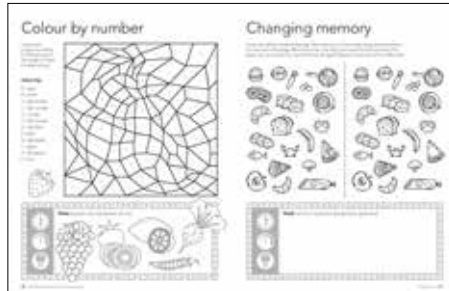
Fear not, *The Great Big Indoor Family Puzzle Book* has self-isolation, rainy days and long school holidays covered with over 100 puzzles suitable for 12 to 120-year-olds.

Jam-packed with mazes, dot-to-dot, picture puzzles, sudoku, word games and much, much more, discover hours of entertainment between these pages. The puzzles will give little and large brains a workout (and provide precious moments of household calm).

Dr Gareth Moore (B.Sc (Hons) M.Phil Ph.D) is the internationally bestselling author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-stress Puzzles*, *Ultimate Dot to Dot*, *Lateral Logic*, *The Mindfulness Puzzle Book* and *The Ordinance Survey Puzzle Book*. His books have sold over a million copies in the UK alone and have been published in 29 different languages.

Gareth is the creator of cutting-edge brain-training site BrainedUp.com.

18 JUNE 2020



WMQN Natural and wild gardening
Hardback £15.00 9781529410259
210 x 150mm 192 pages
Ebook 9781529410242
Not for sale: USA & CAN

'A refreshing, uplifting and positive look at the true value of a garden.'

Alan Titchmarsh

REWILD YOUR GARDEN

FRANCES TOPHILL

A beautifully illustrated, practical book for any gardener who cares about protecting wildlife and gardening for a sustainable future.

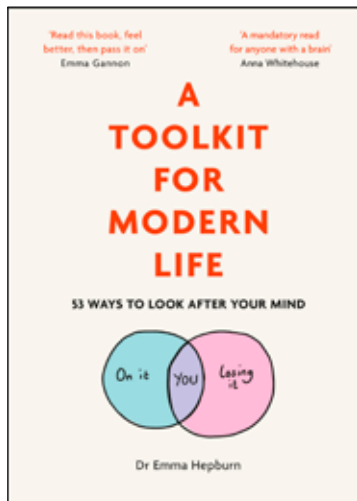
The rewilding of public spaces and farmland is vitally important to conservation, but how can we support native species and provide rich habitats on our own doorsteps?

In this practical, beautifully illustrated guide horticulturalist and *Gardener's World* presenter Frances Tophill shows you how to plan and maintain a beautiful garden that will attract bees and birds as well as a throng of unsung garden heroes. Whether you have a small balcony or a large open space, discover the joys of welcoming natural ecosystems back into your garden - along with a host of new visitors.

Frances Tophill is a horticulturalist, broadcaster and passionate conservationist. Since 2016 she has been on the presenting team of the BBC's *Gardener's World*. Hailing from Kent she went on to study horticulture at the Royal Botanic Gardens, Edinburgh, and has since lived in the south west and south east of England working as a gardener, both in private estates and gardens, and community-based projects.

20 AUGUST 2020





VS Self-help and personal development
Hardback £12.99 9781529410228
177 x 129mm 192 pages
Ebook 9781529410235
Not for sale: USA & CAN

A TOOLKIT FOR MODERN LIFE

DR EMMA HEPBURN

A warm, wise and practical book of mental wellbeing techniques and exercises that everyone should read.

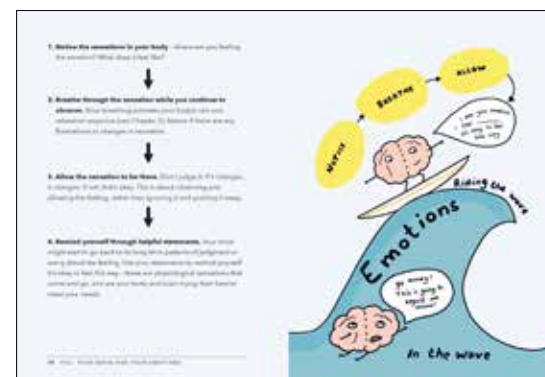
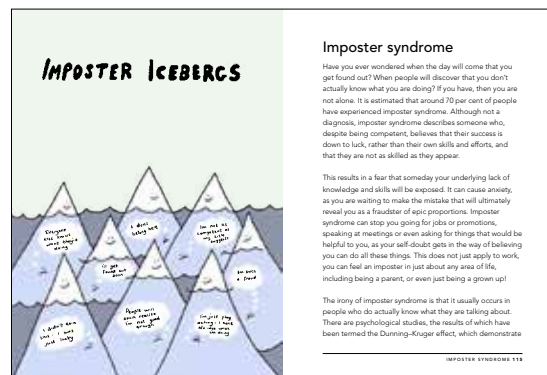
In this warm, wise book, clinical psychologist Dr Emma Hepburn introduces her proven and practical tools for taking care of your mental and emotional wellbeing every day.

Using her trademark illustrations, Dr Hepburn (aka @thepsychologymum) shines a welcome ray of light into the neglected corners of your brain. From identifying what triggers unhappy thoughts to overcoming the fear of making mistakes, *A Toolkit for Modern Life* will help you to cultivate positive habits and feel more confident, happier and in tune with yourself.

Dr Emma Hepburn is a clinical psychologist and neuropsychologist. She writes as @thepsychologymum on Instagram and has won a number of awards for her social media work.

17 SEPTEMBER 2020

'Emma Hepburn makes hard, scary things feel simpler. Read this book, feel better, then pass it on.'
Emma Gannon





WN Natural history
Hardback £30.00 9781529410112
246 x 189mm 304 pages
Ebook 9781529410129
Not for sale USA & CAN

THE PLANT HUNTER'S ATLAS

AMBRA EDWARDS

The Plant Hunter's Atlas is a lavishly illustrated volume telling some of the most extraordinary tales of horticultural discovery and exploring the characters behind the stories.

Taking in the world's inhabited continents and spanning the centuries, the stories range from tales of derring-do in the age of discovery to modern-day botanists working at the cutting-edge of science. The text explores how plant hunters have been inspired by everything from scientific curiosity to economic greed, and their own ingrained sense of adventure.

Each entry is illustrated with botanical artwork from the Royal Botanical Gardens, Kew's unrivalled collection of historical illustrations. Among the plant hunters included are: Sir Joseph Banks, Charles Darwin, David Douglas, Reginald Farrer, George Forrest, Robert Fortune, Tadeáš Haenke, Tom Hart Dyke, Alexander von Humboldt, the Lobb brothers, John Sibthorp and Ernest Henry Wilson.

Ambra Edwards is an award-winning writer and garden historian, known for the intellectual rigour underlying her easy, entertaining writing style. Three times named Journalist of the Year by the Garden Media Guild, her work appears regularly in the UK broadsheets and garden magazines. Her best-selling book *Head Gardeners* was voted GMG's Inspirational Garden Book of the Year in 2017. This was followed by *The Story of the English Garden*, published for the National Trust and one of the *Sunday Times*' garden books of the year in 2018. Her latest book, written with Penelope Hobhouse, *The Story of Gardening* traces the evolution of gardening from 3,000BCE to the latest ecological trends in planting.

18 MARCH 2021





PN Mathematics and Science: chemistry
Hardback £16.99 9781529412741
246 x 189mm 224 pages
Ebook 9781529412758
Not for Sale: USA & CAN

THE SECRET LIVES OF THE ELEMENTS

KATHRYN HARKUP

At the most fundamental level we are all made up of the same component parts, in different ratios and differently organised, but still the same basic ingredients.

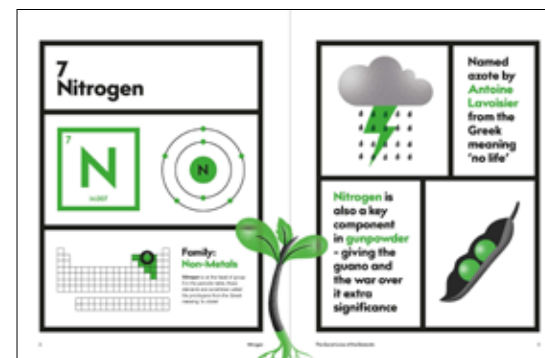
Everything we can see, touch, smell and taste can be expressed in terms of 92 naturally occurring elements and a handful of man-made ones. That such a staggering variety of things can be created from a limited number of building blocks is mind blowing and reassuringly simple at the same time.

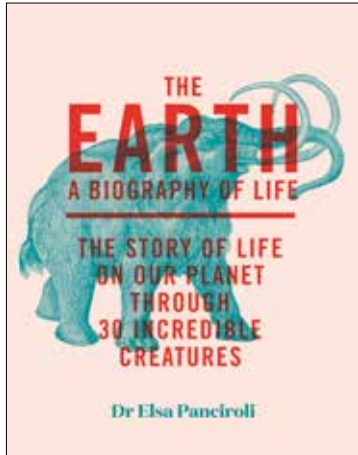
The elements in the periodic table, like us, are an extended family – some old, some newborn, some shy and reticent, some exuberant or unreliable. Physical and behavioural traits run through the periodic table, but each member is still an individual with their own unique way of being.

This book tells the stories of 52 of those elements: tales of discovery, inspiration and revolution, from the everyday to the extraordinary. This is book is a keyhole to the curious lives, histories and personalities of some of the members of the periodic table's family tree.

Dr Kathryn Harkup is a chemist and author. Her first book was the international best-seller *A is for Arsenic*, she has also written about the science of Frankenstein in *Making the Monster* and her latest book *Death by Shakespeare* is published in 2020.

9 SEPTEMBER 2021





PSAJ Evolution
Hardback £25.00 9781529413984
246 x 189mm 246 pages
Ebook 9781529413991
Not for sale: USA & CAN

THE EARTH: A BIOGRAPHY OF LIFE

DR ELSA PANCIROLI

A unique perspective on how our living planet has evolved and adapted, from early organisms to life in the current Anthropocene.

It is difficult to conceive of the vast scale of the history of life on Earth, From the very first living organisms that developed in hydrothermal deep-sea vents to the diversity of life today. The evolution of life is a sweeping epic of a tale, with twists and turns, surprising heroes and unlikely survivors.

The Earth beautifully distils this complex story into a meaningful scale. In taking a closer look at 30 carefully selected species or organisms, this book tells the whole story of life on Earth.

Prepare to be confounded by the ingenuity of nature, humbled by our own brief part in this epic history, and disquieted by our disproportionate impact on the world we call home.

Dr Elsa Panciroli is a Scottish palaeontologist interested in the origins of modern ecosystems. She works on Jurassic fossils from the Isle of Skye, and is especially interested in the origins and evolution of mammals. Based at the University of Oxford, she writes about science and gives regular public talks for all ages. She has spoken at events such as the Edinburgh Science Festival, Popularising Palaeontology, the Inverness Science Festival, and the Hugh Miller's Legacy Conference. Find her on twitter @gsciencelady.

1 SEPTEMBER 2021



VSC Advice on careers and achieving success
Hardback £14.99 9781529414400
216 x 135mm 240 pages
Not for sale: USA & CAN

WFH

HARRIET MINTER

The no bullsh*t guide to getting your work and life on track in the new flexible workplace.

Virtually every industry is making lasting changes that will open doors to a more flexible working week. So how do we adjust, thrive and excel in an environment where daily video conferences is the norm?

By turns fierce, funny and highly practical – this book will show you the skills to be effective and creative during the day-to-day, how to be an inspiring and energising manager (either remotely or to a flexibly working team), how to create and thrive in a high-trust culture (on a small and large scale) and most importantly it will give you the tools to achieve your ambition and propel your career forwards.

Harriet Minter is a journalist, broadcaster, career coach and speaker. She focuses on a variety of issues relating to women, the future of work, media and diversity. She has written for publications including *The Guardian*, *The Times* and *Red*. She founded and edited the 'Women in Leadership' section for *The Guardian*. She has a monthly column in *Psychologies* magazine. She also co-hosts TalkRadio's *Badass Women's Hour* radio show and podcast. She is a regular speaker on women's rights, organisational change, workplace diversity and just getting stuff done. She has given two TED talks and appeared on the BBC and Sky News. As well as her media work she coaches individuals to help them achieve their professional goals, and provides brands such as Pepsi and IBM with diversity and marketing consultancy.

4 MARCH 2021



VXFA Mind, Body, Spirit: astrology
Hardback £9.99 9781529412284
153 x 111mm 352 pages

ZODIAC ORACLE SERIES

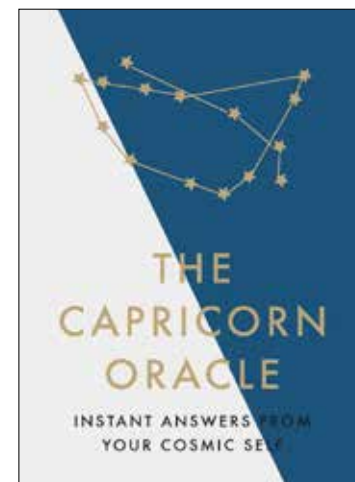
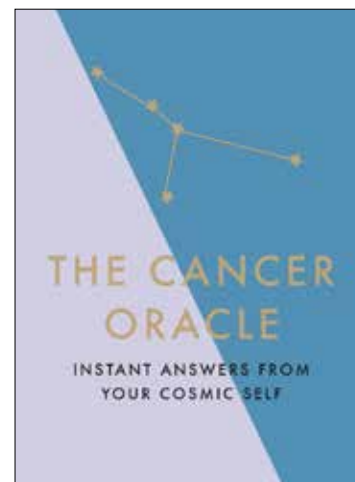
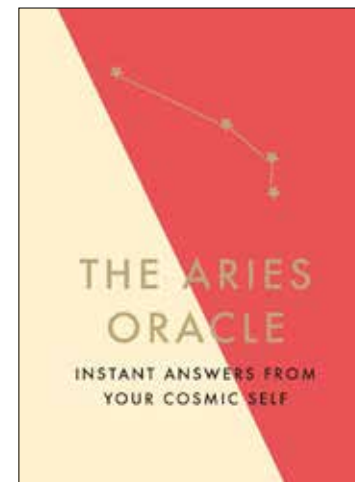
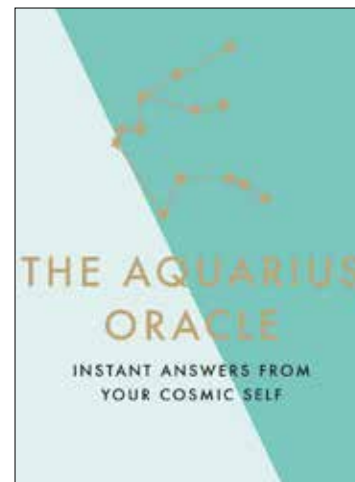
Tune in to the ancient resonance of your star sign with your very own Zodiac Oracle; simply press the book between your palms as you ask your question, then open it at any page. Your answer will be revealed.

Career conundrums? Dating dilemmas? Friendship fracas? In our fast-paced, data-flooded lives it can be difficult to know where to turn for the right advice. Now, with your Zodiac Oracle always by your side, you can let the celestial wisdom of the stars guide you through life's twists and turns. No matter how perplexing your predicament, the insight you seek is right at your fingertips. Ask your question, and then open your Oracle at any page to reveal insightful advice to guide your next move.

Harness the prescience of the stars and tune in to the resonance of your sun sign with these wisdom-packed guides that will lead you to greater self-knowledge and deeper understanding.

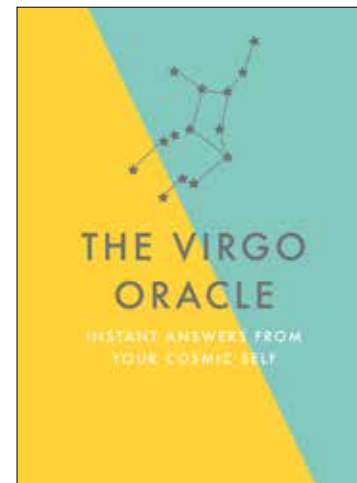
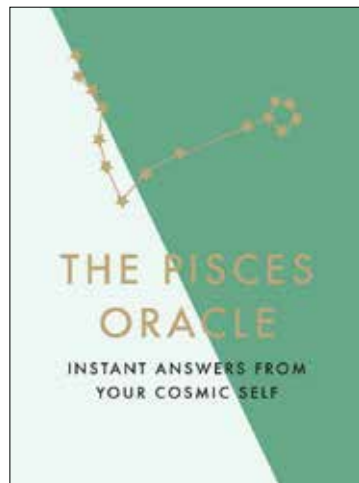
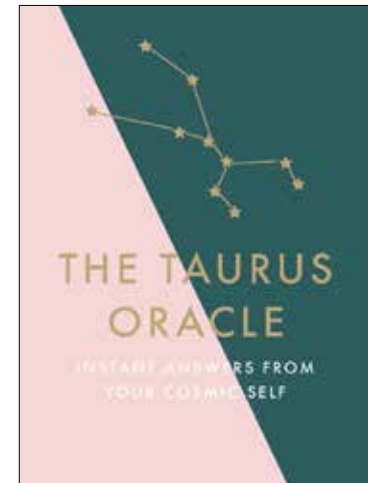
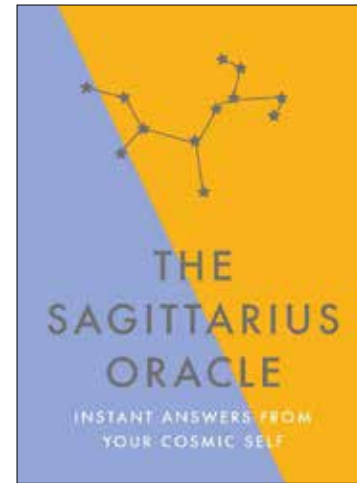
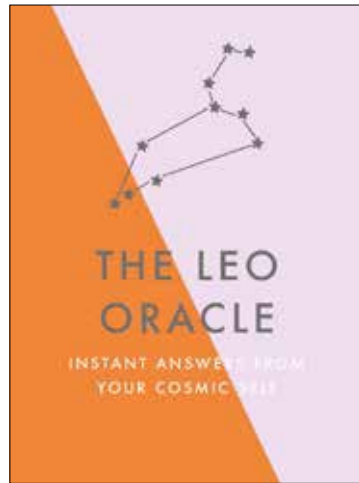
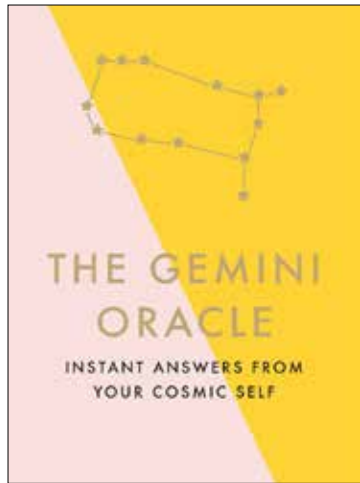
Stella Fontaine is a detail-oriented Virgo with her Moon in Cancer. She associates strongly with the moods and feelings of others (and she loves to give advice...); acting as a stars-wisdom conduit could not come more naturally to her. A writer, editor, and yogi, with more than twenty years' experience in the world of books and publishing, her Earth sign makes her prone to introspection while her Moon sign brings a love of understanding and connection.

8 APRIL 2021



Aquarius: 9781529412383
Aries: 9781529412291
Capricorn: 9781529412376
Cancer: 9781529412321





Gemini: 9781529412314
Leo: 9781529412338
Libra: 9781529412352
Pisces: 9781529412390

Sagittarius: 9781529412369
Taurus: 9781529412307
Virgo: 9781529412345



VS Self-help, personal development and practical advice
Hardback £14.99 9781529412994
178 x 111mm 192 pages
Ebook 9781529413007

THE JOY OF WRITING THINGS DOWN

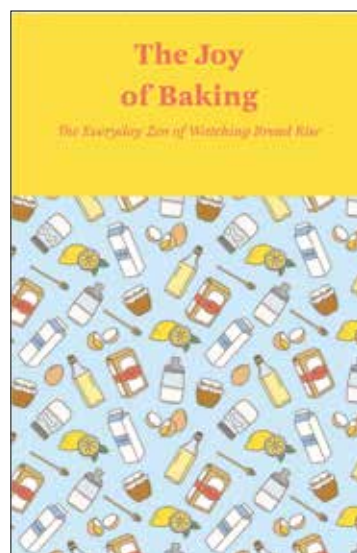
MEGAN C HAYES

In these pages you are invited to revel in the slow joy of writing as you discover the everyday Zen of words on the page.

Whether it's a speedy note-to-self, or a carefully-expressed card for a special occasion; a scrawled shopping list, or a spick-and-span set of career goals – putting words on paper plays a big part in most of our lives. In this book you'll discover practical ways to turn this most ordinary of rituals – writing things down – into a remarkable source of calm, focus and confidence.

Megan C Hayes PhD is one of the top researchers in positive journaling. Megan works as a lecturer in Creative Writing at Teeside University. She has written three books: *Write Yourself Happy* and *The Happiness Passport* (2018) and *The Serenity Passport* (2019).

6 MAY 2021



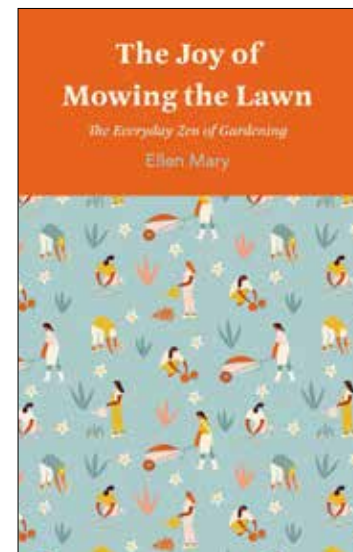
WBVS Cakes, baking, icing and sugarcraft
Hardback £14.99
178 x 111mm 192 pages

THE JOY OF BAKING

Carefully measuring out ingredients, patiently waiting as your bake proves, enjoying the aromas and tastes of the kitchen. As ever baker will know, there is something intrinsically mindful to the baking process.

Yet that is all too easy to lose sight of when your cake suddenly sinks from its perfect rise, your loaf is inexplicably rock-like or you rush against time to ice those 30 cupcakes. Rediscover the simple joy of baking and elevate your hobby to a whole new level with simple tips and techniques to make every bake a rewarding and uplifting experience.

6 MAY 2021



WM Lifestyle, Hobbies and Leisure: gardening
Hardback £14.99 9781529412864
178 x 111mm 192 pages
Ebook 9781529412871

THE JOY OF MOWING THE LAWN

ELLEN MARY

Getting outside, our hands in the earth, watching plants tentatively bud then burst into bloom: gardening is a magical pastime with all the ingredients for radically enhancing our wellbeing.

Yet it's not always easy for us to tap into this – when it is rainy and grey, or we are faced with a mundane task, we can lose sight of the joy of gardening, simply going through the motions to get the job done. This book shows you how to find joy in every moment, and every detail, of gardening, and how to reap the wellbeing benefits this hobby offers.

Ellen Mary speaks regularly about the ways in which gardening can benefit our wellbeing. She has appeared on NBC, BBC Countryfile Diaries, *The Times* and filmed with the Royal Horticultural Society.

6 MAY 2021





THE LITERARY ALMANAC

FRANCESCA BEAMAN

The ultimate reading list for book lovers everywhere, *The Literary Almanac* presents an expertly curated selection of 24 books that will take you through the year.

Whether echoing the changing seasons or set in a particular month, each book has been selected to chime with that time of year to provide a richer reading experience and open our imaginations to the different seasons and rhythms of our world. With further reading suggestions and seasonal literary trivia, readers will be spoilt for choice with recommendations and fascinating minutiae.

Francesca Beaman is the author of five books, including a history of the pineapple and a history of advertising for love. She runs the Instagram account Fran's Book Shop, an irreverent, inclusive conversation about books. Fran lives in Bath, Somerset, with her husband and children.

27 AUGUST 2021

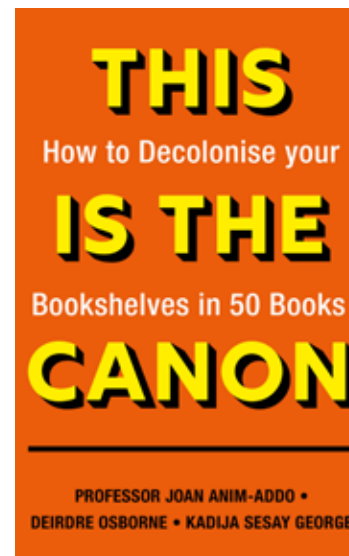
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THIS IS THE CANON

KADIJA SESAY GEORGE, DEIRDRE OSBORNE AND PROFESSOR JOAN ANIM-ADDO

A decolonised reading list for anyone who wants to redress the racial bias of their education and to rethink what are considered the 'classics' of literature.

This is the Canon updates the traditional book bucket list, celebrating and pushing to the fore writers of colour and cultural perspectives that deserve a place on everyone's shelves.

From literary giants such as Toni Morrison, Salman Rushdie and Chinua Achebe to exciting new voices from Kamila Shamsie to Bernardine Evaristo. The books recommended here are in turn haunting and lyrical, ambitious and soaring, quiet and poignant; they are books that will get under your skin and challenge preconceived notions. They are books that reflect the wide and diverse experiences of people from around the world, of all backgrounds and all races. They are books that represent voices that have for too long been silenced or side-lined.

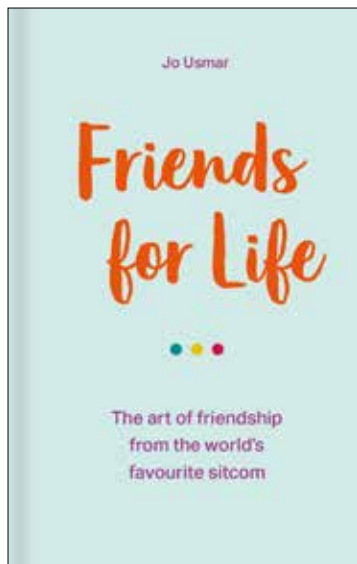
These are the books you should read.
This is the canon.

Kadija Sesay George is a writer, editor and founder of *SABLE LitMag* and *SABLE LitFest*. She has edited several anthologies of work by writers of African and Asian descent including *The Penguin Book of New Black Writing in Britain*. Kadija's poetry, stories and essays have been published in the UK, USA and Africa.

Dr Deirdre Osborne is Reader in English Literature and Drama at Goldsmiths University, London. Deirdre is committed to decolonising pedagogies and curriculum design and co-convenes the world-first MA Black British Writing.

Professor Joan Anim-Addo is an academic, poet, playwright and publisher. She is Professor of Caribbean Literature and Culture at Goldsmiths University, London, and the co-convener of MA Black British Writing.

7 OCTOBER 2021



WHG TV tie-in humour
Hardback £12.99 9781529413489
178 x 111mm 160 pages
Ebook 9781529413496
Not for Sale: USA & CAN

FRIENDS FOR LIFE

JO USMAR

A nostalgic and heart-warming homage to everybody's favourite sitcom, this book distils the wisdom of Friends TV series providing readers with practical tips and advice for perfecting the art of friendship.

In a year when the importance of companionship and friendship has been thrown into sharp relief, this warm and witty book ruminates on the most essential human connection through the lens of the world's favourite sitcom.

By turns light-hearted and tongue-in-cheek to surprisingly profound insights, *Friends for Life* looks at the importance of friendship, how to cultivate it and how to maintain it.

Unofficial and unendorsed.

Jo Usmar is the co-author of six titles in the *This Book Will Make You* series and sole author of *This Book Will Make You Fearless* and *This Book Will Make You Successful*.

Through her work as a journalist for magazines, newspapers and websites including the *Telegraph*, *Huffington Post*, *Stylist*, *ShortList*, *Glamour*, *Cosmopolitan*, the *Mirror* and *Look*, Jo is well known for her entertaining tone and light touch. She has appeared on Radio 4 Woman's Hour and Sky News discussing her work and is the founder of the Instagram self-help vlog project Bite Sized Psych.

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